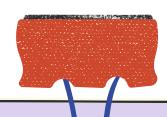
Monday activities

- 8:00 AM-8:30 AM
- 8:30 AM- 9:00 AM
- 9:00 AM-10:00 AM
- 10:00 AM-11:00 AM
- 11:00 AM-1:00 PM
- 1:00 PM-1:30 PM
- 1:30 PM- 2:30 PM

- Will you be a good coach
- Week 1 client file folder video
- 7 levels deep video
- How life coaching changes lives
- Lunch
- Wheel of nutrition pdf
- The Ultimate pH Solution





Objectives

- Complete all task
- Learn 7 levels deep
- Learn what's in wk1 client

Reminders

- Print all forms in week 1 forms
- Remember to take a break
- All assignments to be submitted on Wednesday's &



Mednesday activities

- 8:00 AM-8:30 AM
- 8:30 AM- 9:00 AM
- 9:00 AM-9:30 AM
- 9:30 AM-10:00 AM
- 10:00 AM-11:00 AM

- Put 3 client file folders together
- Initial consultation video
- Initial consultation quiz
- Write a short synopsis of your understanding of the initial consult
- Re-watch wk1 file folder video, fill in mock assessment breakdown form (for 6 wks, include phone consults).



- Put 3 client folders together
- Learn the initial consultation



- Re-watch client file folder video (assessment breakdown form) Initial consultation quiz
- (M) D

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Objectives

Learn how to fill in assessment breakdown form

Reminders

Submit all assignments to bavcourseassignments@gmail.com



Friday activities

8:00 AM-9:00 AM	Read Testing with pH strips, complete assignment	
9:00 AM- 9:30 AM	Write a short synopsis of the importance of pH testing	
9:30 AM-10:00 AM	Practice 7 levels deep with a friend, document response on an assessment breakdown form	Re
10:00 AM-10:30 AM	Discover your own "why" & document why you have taken this course	<ul> <li>Read to take</li> <li>Record</li> </ul>
10:30 AM-11:00 AM	Empower others	section
11:00AM-11:30 AM	Empower others quiz	Submi bavco

Objectives

Testing your pH

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- Discover your own "why"
- **Empower others**

emindens

- Empower others chapter 1 <e the quiz\_\_\_\_\_
- rd your pH in the comment on of testing your pH
- nit all assignments to ourseassignments@gmail.com

